Data and Privacy File Guides

Health: Health iOS 15

June 2022

File name

Health.json

File description

This contains information related to the user's Health data.

Why Apple keeps this information

This information is retained in order to enable the user to restore this data to a new iPhone or iPod Touch and to sync this data between the user's eligible devices.

Field Name	Details
CloudSyncChangeRecord	A container to hold individual health data sample information
walkingRunningDistance	Distance the user walked or ran
sequence	Internal sequence number for activity caches
activeHours	The number of stand hours gained by the user
stepCount	The number of steps taken by the user
wheelchairUse	Whether the user has specified that they use a wheelchair
energyBurned	The amount of active energy burned by the user
sample	The underlying sample data containing data type and start/end dates
object	The underlying object data containing sample creation time
creationDate	The date the sample was created
dataTypeString	A human readable representation of the data type
startDate	The start date of the sample
endDate	The end date of the sample
dataType	A unique number assigned to the data type
cacheIndex	An index for the activity cache
flightsClimbed	The number of flights of stairs climbed by the user
energyBurnedGoal	The energy burned goal (move ring) set by the user on Apple Watch
briskMinutes	The number of exercise minutes gained by the user
pushCount	The number of pushes accumulated by the user, if they use a wheelchair

Field Name	Details
deepBreathingDuration	The amount of time user spent in Breathe or any other mindfulness app
energyBurnedGoalDate	The date the energy burned goal was set
productType	The device on which the health data sample was gathered
isDeletedBool	Whether the device has been deleted from the users Health database
bundleID	The Apple identifier for the app or device
modificationDate	The last time this record was modified
name	The user's name for the device
originProductType	Product on which data was originated
sourceVersion	The operating system version on the device from which the data originated
timeZoneName	Time zone of the device from which the data originated
originMajorVersion	The major operating system version on the device from which the data originated
sourceUUID	Unique identifier for the device from which the data originated
originPatchVersion	Patch version of the operating system on the device from which the data originated
originBuild	The operating system build version of the device from which the data originated
originMinorVersion	The minor operating system version on the device from which the data originated
deviceUUID	Unique identifier for the device on which the data was saved
domain	The category of data for preferences
keyValuePairs	Pairs of names and values representing how preference data is stored
hardwareVersion	The device from which the sample data was captured
manufacturer	Manufacturer of the device from which the sample data was captured
softwareVersion	The version of software on the device from which the sample data was captured
creationDate	The date the sample was written to in the database
model	The model of the device from which the sample data was captured
valueInCanonicalUnit	Quantity sample value in the HealthKit default unit for that value (e.g., meters for distance)

Field Name	Details
originalUnitString	The underlying sample data containing data type and start/end dates
sample	Details of the health data sample
dataTypeString	String representation of the sample data type
startDate	Start date of sample
endDate	End date of sample
valueInOriginalUnit	The numeric value of the sample quantity
metadataDict	Dictionary of metadata associated with sample
unitString	The unit used for the health data sample
value	The quantity sample value
key	The key to look up associated values in a dictionary
numberDoubleValue	The numeric value of the key
quantityValue	The value and unit
stringValue	The value of the key as a string
numberIntValue	The value of the key as a number
timestamp	The time the value was recorded
unit	The unit of the data type
values	The values associated with the sample
Fainting	User entered symptoms associated with an ECG reading
Fatigue	User entered symptoms associated with an ECG reading
ShortnessofBreath	User entered symptoms associated with an ECG reading
averageHeartRate	The user’s average heart rate
category	Internal value identifying the data category
classification	The classification of the ECG sample (e.g., sinus rhythm, atrial fibrillation, inconclusive, etc.)
dailyBriskMinutesStatistics	Statistics about the user’s daily exercise minutes
dailyEnergyBurnedStatistics	Statistics about the user’s daily active energy burned
deletedSample	Sample that has been deleted
frequencyInCanonicalUnit	The frequency at which the ECG data was recorded
leads	The leads contained in the ECG

Field Name	Details
localIdentifier	An identifier string to associate data with a device
numberOfValues	The number of values in an ECG sample
objectTypeString	A string representation of the data type
symptoms	The user entered symptoms associated with the ECG sample
userOrdered	Whether the use changed the source ordering for the data type
deleted	Whether the User Domain Concept is deleted or not
medicalUserDomainConcept	A payload of the details specific to this Medical User Domain Concept
countryCode	The country code for this medical User Domain Concept
categoryTypes	The medical record category types this medical concept is valid for
patchVersion	The patch version of the originating iOS version the User Domain Concept was created on
majorVersion	The major version of the originating iOS version the User Domain Concept was created on
minorVersion	The minor version of the originating iOS version the User Domain Concept was created on
build	The build of the originating iOS version the User Domain Concept was created on
uuid	The UUID of the User Domain Concept
properties	A collection of properties captured by this User Domain Concept
boolValue	The boolean value for a User Domain Concept property
doubleValue	The double value for a User Domain Concept property
integerValue	The integer value for a User Domain Concept property
dataValueBase64EncodedString	The base64 encoded string value for a data based User Domain Concept property
stringValue	The string value for a User Domain Concept property
type	The property type for a User Domain Concept property, represented by an integer
timestamp	The time this property was created
version	The individual version of the property value
valueType	The value type of this property, indicating what field is expected to be populated above
codings	A collection of codings used to refresh the content associated with this concept

Field Name	Details
codingVersion	The version of the medical coding
displayString	The display string used for the medical coding
code	The code for the medical coding
codingSystem	The coding system the code belongs to
links	A collection of links to other user domain concepts
type	The type of link between the origin concept and the concept with the target UUID
targetUUID	The UUID of the target concept of this link
Identifier	The type identifier for this user domain concept
code	The type code for this user domain concept
schema	The schema for the user domain concept type code